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AFPC changes personnel issues

By Senior Airman J.G. Buzanowski
Air Force Print News

Beginning today, Arctic Warriors, along with the rest of the Air Force, will change the way they deal with certain personnel issues.

Like MyPay and LeaveWeb before, the Air Force is bringing even more military personnel flight actions online.

The process, called personnel services delivery transformation, will encompass even more options than those of the Virtual MPF site already on the Internet.

“We’re making it easier and more efficient for people to conduct their personnel business without having to worry about scheduling appointments or waiting in lines at their local MPF,” said Tim Beyland, the Air Force manpower and personnel director of plans and integration.

“People already do their banking online and pay their bills online, we’re just taking the next step by conducting Air Force business online,” he said.

The transformation is a four-phase program, beginning this month and continuing through 2011. The first phase begins with the active-duty force and is further broken up into seven segments called spirals.

Spiral 1, which is in effect now, will move several personnel transactions Airmen usually visit their MPF for to the Web and contact center at the Air Force Personnel Center. Additional spirals will make processes available to the remaining total force, Mr. Beyland said.

According to Chief Master Sgt. Marcus Hadeed, 3rd Mission Support Squadron, the actions that will be available today are retraining, Board for Correction of Military Records and possibly retirements.

“AFPC doesn’t want to put any actions up that don’t

work perfectly,” said Chief Hadeed. “For that reason, some of the planned programs won’t be up right away. But, BCMR and retraining will be there today.”

The goal is to move 85 percent of MPF actions online. Once the transformation begins, however, it doesn’t mean Airmen still can’t get personal customer service.

“There’s a contact center Airmen can call 24 hours a day, seven days a week to get help when they need it,” Mr. Beyland said. “PSD also doesn’t mean the Air Force is doing away with MPFs — Airmen can still get help there too. But it saves the Air Force and its people time and money when MPF actions are accessible online.”

Chief Hadeed echoed this. “This doesn’t mean the MPF won’t still help you, but our role will be more subdued,” said the chief.

“This is a smarter way of doing business and will result in improved consistency and accuracy of information, fewer errors in people’s records and expanded customer service hours,” Mr. Beyland said.

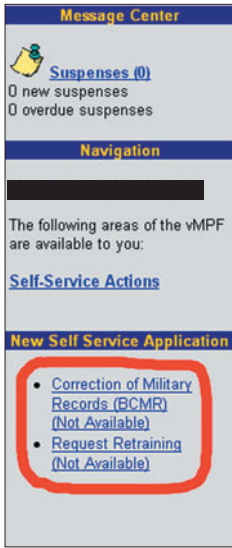
“Web and contact center technologies have proven (themselves) and PSD will make life easier for the warfighter so they can concentrate more on their mission and less on paperwork,” he said. “That’s as simple as it gets.”

The chief added that one of the best features about the program is the availability 24 hours a day, seven days a week.

“Now, if you decide you want to retrain [on a] Friday night, you have to wait until the MPF opens Monday morning. After today, you can start the process right away,” he said.

For more information, e-mail Chief Hadeed at *marcus.hadeed@elmendorf.af.mil* or visit the MPF located in the People Center.

(Senior Airman Jared Marquis, 3rd Wing Public Affairs, contributed to this story.)



Brig. Gen. Hawk Carlisle
3rd Wing commander

Do you have a problem you can’t seem to get solved? Would you like to recognize someone for a job well done? The commander’s action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander’s personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can’t help, then please call the Action Line.

Key phone numbers:

- Col. Mike Hass, 3rd CES/CC
552-3007
- Lt. Col. David Aupperle, 3rd SVS/CC
552-2468
- Lt. Col. Brett Meyer, 3rd SFS/CC
552-4304

Member wants squadron of Article 15 announced

Q: I am a staunch reader of the *Sourdough Sentinel*, and think it is one of the better military papers I’ve read over the years.

One thing that concerns me is parity throughout. Of particular attention were the Article 15s in the March 3 issue.

Why is it that for all

the enlisted infractions the specific unit is mentioned, but when it comes to an officer getting in trouble it is reported as only “a major assigned to Elmendorf?”

Surely there are not so few majors on base that the unit can’t be divulged without disclosing the identity of the major.

Thank you in advance for taking the time to address this issue.

A: We identified the major as being “assigned to Elmendorf AFB” to protect his identity.

In some units, there are so few majors that publish-

ing the major’s unit would essentially disclose the person’s identity.

The overall purpose of the *Sourdough Sentinel* article was to inform base members about punishments that resulted from various types of misconduct, not to disclose the identity of the member.



First Lt. Laura Manaker, 517th Airlift Squadron, demonstrated superior leadership while preparing for the squadron’s Aircrew Standardization and Evaluation Visit. She developed a plan to integrate a rolling publications library for use during flight ensuring 85 regulations were updated and met the Air Force’s standardization criteria. Additionally, she completed three publication reviews in the squadron, directly impacting the 3rd Wing’s overall rating.

Senior Airman James Robison, 3rd Civil Engineer Squadron, displayed leadership and job expertise in the renovation of Camp Mad Bull. Working 10 hours of overtime, he trained four Airmen how to install two exterior doors, two interior doors, 7,000-square feet of insulation and 7,400-square feet of drywall. The renovation ensured the 3rd Wing’s effectiveness in executing operational readiness exercises and maintaining contingency capabilities.

Senior Airman Matthew Kranitz, 3rd Component Maintenance Squadron, excelled as the electronic warfare team leader of four people through the test and repair of 36 F-15 line replaceable units. His efforts helped save the wing \$1.3 million in depot-level repair costs. Additionally, he worked four hours overtime to complete the repair of an internal countermeasures set amplifier and isolated and replaced a faulty circuit card within the EW test station. This restored 100 percent mission capability within two hours.



Sourdough Sentinel

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The deadline for article submissions to the *Sourdough Sentinel* is 4 p.m. Friday. Articles will be published on a space-available basis and are subject to editing by the *Sourdough Sentinel* staff. Submission does not guarantee publication.

For more information, call the *Sourdough Sentinel* office at 552-2493 or 552-8941, e-mail: *sourdough.sentinel@elmendorf.af.mil*, fax us at 552-5111, or write to us at: 3rd WG/PA, 10480 22nd St. Ste. 119 Elmendorf AFB, AK 99506

Elmendorf Moment in History

March 27, 1942:

The 3rd Bomb Group “borrowed” 24 B-25s from the Dutch. The group welcomed the new aircraft despite the fact almost no one had any training on the new planes.

ASEV proves 3rd Operations Group mission capable

By Senior Airman Jared Marquis
3rd Wing Public Affairs

The Pacific Forces Aircrew Standard and Evaluation Team visited the 3rd Operations Group March 6-15. The team administered 145 evaluations of all 3rd OG assets. According to the report, the team found the 3rd Wing exceptionally prepared to execute its operational taskings, and leadership at all levels emphasize training and preparation oriented to expected combat scenarios. In addition, the report said the 3rd Wing has focused on establishing programs and processes to support deployed operations associated with AEF rotations. The wing has also placed an increased emphasis on the use of computer-based processes and orga-

nizational Internet Web sites. This greatly facilitates timely, consistent and accurate information flow throughout the wing and the wing's deployed elements. Several of the applications and processes have been highlighted as command benchmarks, according to the report. Col. Randy Roberts, 3rd OG commander said the results were not a surprise, and he expected nothing less from his group. "The PACAF ASEV team evaluated every aspect of our aircrew and how they do their job," Colonel Roberts said. "Thanks to the teamwork and extra effort put forth by our Airmen, along with the support received by the rest of the base. The flying squadrons were heralded as the best ever seen and earned an 'Outstanding' rating."

Outstanding Performers

Lt. Col. David Brescia, 3rd Operations Group
Lt. Col. Mark McGeorge, 3rd OG
Maj. Peter Dozois, 962nd Airborne Air Control Squadron
Maj. Christopher Ederle, 90th Fighter Squadron
Maj. Richard Kelly, 517th Airlift Squadron
Maj. Steven Klingman, 3rd OG
Maj. Keith Innes, 3rd OG
Maj. Christopher Lambert, 517th AS
Maj. Brian Porter, 517th AS
Maj. Michael Tate, 962nd AACS
Maj. Steve Walker, 3rd OG
Capt. Tony Cartwright 12th FS
Capt. Kevin Clark, 3rd OG
Capt. Thomas Davis, 90th FS
Capt. Travis Hazeltine, 19th Fighter Squadron
Capt. Michael Morgan, 90th FS
Capt. Joel Lafleur, 90th FS

Capt. Brian Sparks, 962nd AACS
Capt. Thompson Wofford, 3rd OG
Capt. Marc Woodworth, 517 th AS
1st Lt. Michael Kuehni, 19th FS
1st Lt. Justin Binder, 12th Fighter Squadron
1st Lt. Christen Meress, 90th FS
1st Lt. Iveta Muravyeva, 517th AS
Master Sgt. Steven Brady, 3rd OG
Master Sgt. Michael Mobley, 962nd AACS
Master Sgt. Charles Warren, 962nd AACS
Tech. Sgt. Mark Blinn, 517th AS
Tech. Sgt. Marcus Payne, 3rd OG
Tech. Sgt. Michael Rice, 3rd OG
Tech. Sgt. Danielle Ziegler, 3rd OG
Staff Sgt. Matthew Harms, 517th AS
Staff Sgt. Matt Perdeu, 962nd AACS
Senior Airman Christopher Myers, 3rd OG

Action Line: Member concerned about alarm use

Q: I am concerned about how Elmendorf Air Force Base uses Alarm Yellow during Polar Force exercises. According to Air Force Manual 10-100 *Airman's Manual*, page 79, "Alarm Yellow — attack probable in less than 30 minutes. Focus upon final protection and contamination avoidance measures to mitigate attack effects." It goes on to list measures to take, but essentially stop all non-mission essential tasks and seek cover. Page 77 of the Airman's Manual states "Alarm Green — normal condition of readiness in wartime. Attack is not probable and there is no active threat of attack at present." We tell our troops to use their Airman's Manual. If we are going to preach "Use your Airman's Manual," then Elmendorf's battle staff should also use the Airman's Manual and

the proper alarm conditions. I've also contacted people at other bases and they use Alarm Green. If we continue to use Alarm Yellow the young troops will think that is a normal condition and will not react when deployed. They could become a casualty. We are training and preparing our Airmen incorrectly. We need to use alarm conditions as they were intended. I first addressed this five years ago after my first exercise at Elmendorf, and have brought it up frequently since then. I don't know how far it is being elevated before it gets dismissed as not important enough to address, but I feel it is important enough to address again before our next Polar Force exercise next week. Thank you for your time. **A:** Thank you for your concerns and this additional opportunity for us to emphasize one of our

priorities ... personnel readiness. I, under Operational Risk Management and Air Force Instruction, directives and manuals, assume total responsibility for wing members. I have control and accountability of all assets including the incredible men and women of the 3rd Wing. It's critical to remember that alarm conditions and Mission-Oriented Protective Posture levels are not dependant on one another. In Alarm Green, free movement is allowed and personnel accountability is not in force. Alarm Yellow is indicative of a more restrictive and prepared state, as is assumed during exercise play. At current Air Expeditionary Force locations, alarm condition is maintained at Yellow based on propensity of attack and the MOPP level is zero because no threat of chemical or biological

attack exists. When we exercise at Elmendorf, we are presuming the increased ready state due to the risk assessed. This follows my direction and is based on my risk-based assessment. The Airman's Manual is not directive, but provides instruction and guidance on the how to carry out my directions or orders. In our exercise deployed location, and the "high threat" area that we train for, our assumption is that hostilities have commenced and that the threat of chemical employment is great. Since we anticipate entering after hostilities have commenced, we practice at an increased level so that I have vision and control of personnel movement. Since our exercises are geared at the increased level of play, it makes sense to train as we will fight.

Airman's Guide: Polar Force 06-1

Exercise time line

Monday is bed down day
Monday at 11:30 a.m. — Exercise starts for Mad Bull (3rd Mission Support Group/ 3rd Medical Group)
Tuesday at 12:01 a.m. — Exercise starts for main base

What you need for the war

Battle gear: helmet, flack vest, web gear, canteen
AFMAN 10-100 - Airman's Manual
Chemical Ensemble: suit, boots, gloves, mask
Individual Simulations: Find link on exercise Web page
Safety: reflective belt, cold weather, job-related items

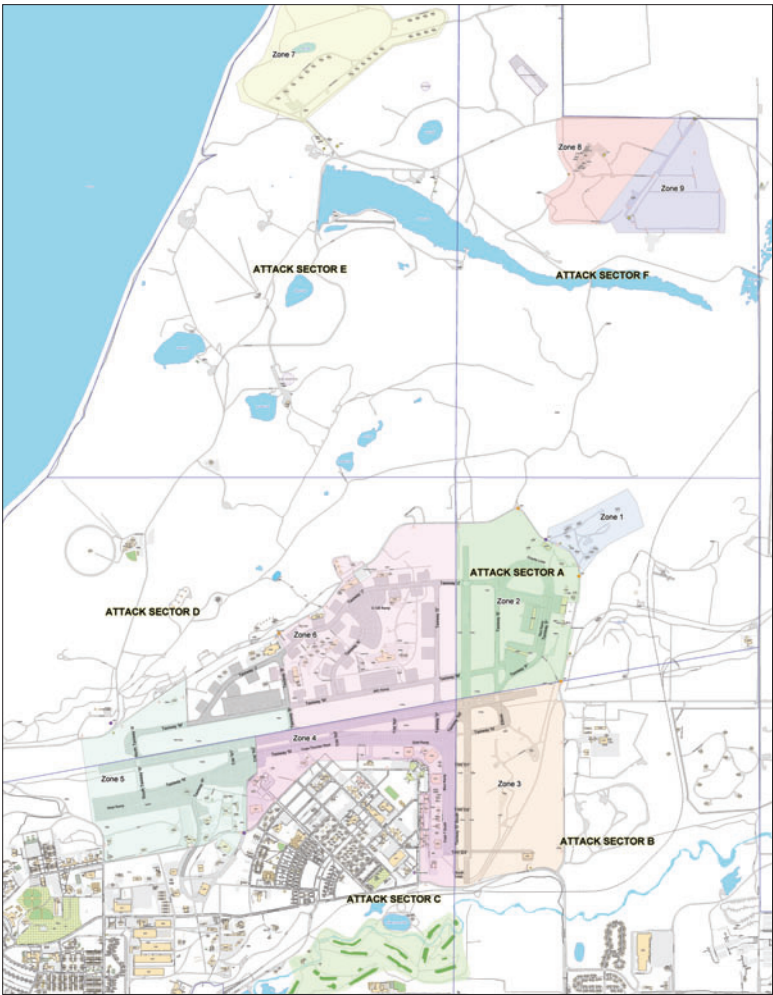
Checking in and out of Base-X

Mad Bull: Be at 611th Chalet 15-minutes before your shift
Flight Line: Check in at unit UCCs/work facilities — see your supervisor for details

Transportation

Regular base shuttle busses will run
Only the following Base-X busses will be available:
From dorms to 611th Chalet: 7 a.m.-9 a.m. and 7 p.m.-9 p.m.
From 611th Chalet to Mad Bull 5 a.m.-8 a.m. and 5 p.m.-8 p.m.

Members should take personal vehicles to unit information areas.



Air Force renames Cope Thunder

Pacific Air Force exercises will be called Red Flag Alaska

The Air Force chief of staff announced the Cope Thunder exercises held jointly at Elmendorf and Eielson Air Force Bases in Alaska will be renamed and enhanced so they provide complementary training on the same level as the current Red Flag exercises at Nellis Air Force Base, Nevada.

Red Flag Alaska coupled with Red Flag Nellis will provide the Air Force a common set of exercises in multiple locations that have standardized and equal training capabilities.

“Red Flag Alaska is an Air Force-level exercise that will build on and reinforce air force to air force habitual relationships,” said Gen. T. Michael Moseley. “Making this exercise a Red Flag expands joint training operations and opportunities to improve interoperability with our allies.”

Red Flag exercises include more than just aircraft and aircrews. These exercises expand the role of aggressor training across the board, to include ground, space and cyberspace training, as well as focusing on air combat at the operational level, he said.

During the Vietnam War the Air Force air-to-air kill ratio was 2-1. In order to reverse this trend, the Air Force concluded that the

lack of dissimilar air-to-air combat training and knowledge about Soviet tactics and capabilities were major contributors to the degradation of U.S. pilot air-to-air combat skills. Red Flag fills this training niche.

“Red Flag Alaska offers new pilots 8-10 simulated combat sorties before they actually go into combat,” said Lt. Col. Tim Rockwell, Detachment 1, 353rd Combat Training Squadron commander. “Statistically, if a pilot could get through 8-10 sorties their survival rate in a combat situation dramatically increases.”

Detachment 1 is Elmendorf’s component of the 353rd Combat Training Squadron based at Eielson AFB. Together Detachment 1 and 353 CTS plan, coordinate, execute, and evaluate Red Flag exercises from two geographically separated locations simulating real world combat operations.

Although Cope Thunder offered combat sorties there was an absence of a dedicated aggressor unit at Cope Thunder.

“The biggest training advantage our Nellis counterparts had was the ready availability of a dedicated aggressor force,” said Lt. Col. Reggie Smith, Detachment 1’s operations officer. “With the stand up of

Alaska-based aggressors, coupled with the unique training opportunities only Alaska can provide, we’ll be able to provide full-spectrum combat employment training second-to-none.”

According to Colonel Smith, Detachment 1 has been deeply involved in training transformation and will continue to be responsible for Elmendorf’s portion of planning and execution of Red Flag Alaska.

“The past year and a half on the Detachment 1 team have been exciting,” said Colonel Rockwell. “Our number one goal here in Alaska is to provide an environment where forces can train like we intend to fight. Transformation was a necessary step in order to meet the expectations of our senior military and civilian leadership.”

The 353rd controls the Pacific Alaska Range Complex’s 67,000 square miles of airspace, one conventional bombing range and two tactical bombing ranges – containing more than 400 different types of targets and more than 30 threat simulators both manned, and unmanned.

Detachment 1 manages the Air Combat Maneuvering Instrumentation system here at Elmendorf providing real time air combat training support for over 7,500 sor-

ties annually.

“The use of these ranges is key to our fifth generation fighters - the F-22A and the Joint Strike Fighter,” General Moseley said. “The space available and the strides to enhance training operations will make this more world-class than ever before.”

Additionally, Red Flag Alaska provides a different climate and terrain where joint training can occur between services and allies.



We have the flexibility to build a combat training scenario that includes both the threats of today and potential threats for tomorrow, said Colonel Rockwell.

“This training, whether it is close air support, combat airdrop, personnel recovery, traditional air-to-air or special operations, is applicable to not just our Air Force, but also to our sister branches and international forces,” he added.

Red Flag Alaska is the United States Air Force’s premier combat training exercise and the Chief of Staff of the Air Force’s foremost security cooperative and engagement venue in the Pacific.

The first Red Flag Alaska will occur this spring.

(Senior Airman Jared Marquis, 3rd Wing Public Affairs, contributed to this Air Force Print News Story.)



Sourdough Spotlights

Pacific Air Forces DoD Fire and Emergency Services Awards

Military Firefighter of the Year
Staff Sgt. Kevin Hunter, 3rd Civil Engineer Squadron

Fire Prevention Program
3rd Fire and Emergency Services Flight

Air Force Safety Awards

Missile Safety Plaque

Aero Club Certificate

Pacific Air Forces Public Affairs Excellence Awards

Outstanding Field Grade Officer of the Year – Wing
Lt. Col. Michael Halbig, 3rd Wing Public Affairs

Air Force Media Contest

3rd Place – Photojournalism
Senior Airman Garrett Hothan, 3rd Communications Squadron

3rd Medical Group adjusts services during deployment

With the upcoming deployment of more than 60 members of the 3rd Medical Group to support contingency operations, health care services will be limited at Elmendorf for the summer.

Approximately 5,400 beneficiaries who fall under the Tricare Prime plan will be temporarily transferred to the civilian network. These beneficiaries are comprised of approximately 3,700 military family members and 1,700 retirees and their family members; this action does not affect the active duty population.

The beneficiaries will be automatically transferred back to the 3 MDG upon return of their Primary Care Managers, around the first of October.

Beneficiaries affected by this deployment were sent a letter in the mail from the TRICARE office with information on their temporary assigned civilian provider.

Additionally, the 3 MDG will be conducting multiple town hall meetings in the Ft. Richardson Post Theater and 3MDG Dining hall facility on the following dates and times:

Ft. Richardson Theater:
April 12 – 10 a.m. and 6 p.m.
April 22 – 10 a.m.
April 25 – 10 a.m.

3rd MDG Dining Facility:
April 14 – 9 a.m.
April 17 – 9 a.m.
April 20 – 9 a.m.

Beneficiaries who are unable to attend any of the scheduled Town Hall Meetings are welcome to contact the TRICARE Service Center located on the second floor of the 3rd MDG or they may call the Central Appointment System at (907) 580-2778, Monday-Friday 7 a.m. to 4 p.m.

(Courtesy of the 3rd Medical Group)





Absentee voting

Elections for the Municipality of Anchorage are April 4. For eligible residents who cannot make it to the polls due to the Polar Force exercise, Anchorage has several absentee voting options.

For more information about voting absentee, go to the city’s election Web site at www.muni.org/assembly2/election.cfm.

Extended Hours at the CDCs

The Child Development Centers are offering extended hours during the Phase II Operational Readiness Exercise April 4-6.

The extended hours are 5:30 a.m.-7 p.m. For care needed before or after the extended hours call Family Child Care at 552-3995.

3rd OG Dining Out

The 3rd Operations Group Dining Out takes place at 7 p.m. April 8 in the Discovery Ballroom at the Hotel Captain Cook. Cocktail hour begins at 6 p.m.

Attire is mess dress or semi-formal for military members and formal for civilians. Cost is \$30 per person.

Attendees must R.S.V.P. to 551-5022 by April 3.

Road Closure

Fairchild Avenue from Fighter Drive to Airlifter Drive will be closed for re-paving April 10 to June 15. Members can access Air-

lifter Drive via Talley Avenue. Detour signs will be posted on Airlifter Drive for Fairchild Avenue access.

For more information, call Dan Eckert at 552-2466.

Weapons registration

Military members residing in base housing, temporary lodging, and dormitories must register their privately owned weapons with the 3rd Security Forces Squadron Armory.

Housing residents may store their weapons in quarters, but must use gun cabinets, mechanical locks or other safety devices to render them inoperable.

Weapons are not authorized in the dormitories or temporary lodging units. These weapons must be stored in the 3rd SFS armory upon arrival.

For details, call the 3rd SFS at 552-6576.

Elmendorf year tabs

The Elmendorf Pass and Registration Office has extended the 2005 tab renewal grace period until further notice due to a shortage of Air Force Registered Vehicle Expiration Stickers.

Pass and Registration has started issuing year 2007 stickers. People needing to renew their year tab must show current proof of insurance and vehicle registration.

The Elmendorf Pass and Registration Office is located in the basement of the People Center.

For more information, call Staff Sgt. Amy Anderson at 551-3202.

Sexual Assault Awareness Month

■ The City of Anchorage SAAM opening ceremony takes place at noon Thursday in Grant Hall at Alaska Pacific University.

■ Sexual Assault Prevention Display, Saturday-April 29 at the Joint Military Mall.

■ The Victims for Justice Annual Tree Ceremony takes place at noon April 24 at the Park Strip. Ribbons representing victims of various crimes will be placed on the tree.

■ Victim Advocate Recruitment, 10:30 a.m. to 1:30 p.m. April 14 at the Joint Military Mall.

■ The Elmendorf SAAM closing ceremonies take place at 10 a.m. April 28 at Chapel 1.

Community assessment survey

The Integrated Delivery System Working Group is sponsoring the 2006 Community Assessment Survey of servicemembers, spouses, reservists, and reserve spouses. The start date for the survey, which was originally set for March 15, has been moved to April 10.

The results of the survey will be used by the base leadership and the Air Force to target resources where they are most needed to enhance the well-being of the community.

The survey is open to all military spouses, while active-duty participants must have an invitation. A notification letter that includes a link to the Web-based survey will be sent to the work e-mail address of each active-duty member selected to participate (spouses will be sent a letter in the mail with the Web link). Participation is crucial to the success of the project; selected servicemembers are strongly urged to take part.

Volunteers needed

■ Volunteers are needed for the Breakfast with the Easter Bunny. This event takes place 9 a.m.-noon April 8 at the Susitna Club.

Volunteers will run craft tables, assist with the cooking and clean up, and to dress up in the bunny suit.

To volunteer, call Lauren McGrain at 552-8529.

■ The 26th National Veterans Wheelchair Games Organizing Committee is seeking 2,000 volunteers to help prepare for events and coordinate logistics for the NVWG June 28-July 9.

Volunteers are needed for a variety of jobs from food service, to transportation, site setup, scoring, timing, registration, photography and water distribution. Volunteers will receive a free T-shirt. Food will be provided to anyone who works more than a four-hour shift in a day. To download a volunteer application, visit www.wheelchairgamesanchorage.net.

To request additional information, e-mail [\[inations.com\]\(http://inations.com\) or call 276-5550.

To volunteer at the Polar Bowl, email Gary Hoff at \[gary.hoff@elmendorf.af.mil\]\(mailto:gary.hoff@elmendorf.af.mil\) or call 552-8132.

For more details, visit \[www.wheelchairgames.org\]\(http://www.wheelchairgames.org\).](mailto:volunteers@alaskadest-</p></div><div data-bbox=)

Relay For Life

The American Cancer Society’s Relay For Life starts 7 p.m. May 19 at Wendler Middle School. The event is a 24-hour relay to raise money for the American Cancer Society, ending at 7 p.m. May 20.

Interested individuals should contact Master Sgt. Judy Westfall at 552-4122, or 338-0873 to sign up by April 8.

Base records management relocates

The records management office has moved to 10437 Kuter Ave. in the Post Office building.

For more information call 552-1395/1482.

Home buying seminar

The Elmendorf Housing Office offers a home buying seminar at 1 p.m. April 3 at 6346 Arctic Warrior Dr. The class lasts two to three hours. Seating is limited.

For details or to make a reservation, call 552-4439 or 552-4328.

Free Renters Insurance

Aurora Military Housing offers free renters insurance to anyone living on base. Individuals who already

have insurance through another provider, may qualify for a monthly credit.

To sign up for the insurance, AMH residents can call Allstate at 279-9000. To get the credit, residents can call AMH at 753-1023 or 753-1024.

Will surge day

The 3rd Wing Legal Office is having a will surge day for all active-duty members from 9 a.m. to 3 p.m. April 17. Anyone needing a will, living will or power of attorney should go to the Legal Office located in the People Center. Appointments are on a first-come first-served walk-in basis.

Tax Center

In addition to their regular hours, the Tax Center will be open for walk-in appointments today during the wing down day. They will also be open April 15 and 17 for walk-ins.

For more information call 552-3829 or 552-3832.

Free movies

The Armed Services YMCA will show “Nanny McPhee” at 2 p.m. Saturday and “Firewall” at 7 p.m. April 14 at the Ft. Richardson Frontier theater. Active-duty members and military families can pick up free tickets the Monday prior to the showing at the central office at 7179 Fighter Dr., or the Ft. Richardson ASYMCA in the Warrior Zone, Bldg. 655. For more information, call Taryn Perez at 552-9622.



Chapel Schedule

Catholic Parish

■ **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center

■ **Thursday Mass:** 11:30 a.m. at the Hospital Chapel

■ **Sunday Mass:** 10:30 a.m. at Chapel 1

■ **Sunday Evening Mass:** 5 p.m. at Chapel 2

■ **Confession:** 4:30 p.m. Sundays at Chapel 2

■ **Catholic Religious Education:** 9 a.m. Sundays at the Chapel Center.

■ **Stations of the Cross** begin at 6 p.m. today, March 24 and 31 in Chapel 2 followed by dinner.

Protestant Sunday

■ **Liturgical Service:** 9 a.m. at Chapel 2

■ **Traditional Service:** 9 a.m. at Chapel 1

■ **Gospel Service:** noon at Chapel 1

■ **Contemporary:** 6 p.m. at Chapel 1

■ **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.



PHOTO BY AIRMAN JONATHAN STEFFEN

First Lt. Todd Garner

Organization and duty title: 3rd Contracting Squadron contract manager
Hometown: Irving, Texas
Hobbies: Skiing, mountain biking, fishing, skydiving, guitar
Mission contributions: Provides acquisition and contract management for \$320 million in services for the 3rd Wing, 11th Air Force, Alaskan Command, Northern Command, U.S. Air Force, U.S. Central Command and numerous tenant organizations.
Time at Elmendorf: One year, 5 months
Time in the Air Force: 3 years
Best part about being in Alaska: The outdoors
Quote from commander: “Lieutenant Garner is the lead officer in charge of strategically sourcing Elmendorf’s requirements. His direct efforts leverage Elmendorf’s procurements and provide annual wing savings of \$3.4 million. Lt Garner’s efforts ensure Elmendorf will continue to remain an effective combat force.” Lt. Col. Stephen Blizzard



PHOTO BY AIRMAN JONATHAN STEFFEN

Staff Sgt. Valisa Gates

Organization and duty title: 3rd Mission Support Squadron NCOIC personnel employment
Hometown: Perry, Fla.
Hobbies: Cooking, writing poetry and crafts.
Mission contributions: Provides high quality customer support to Arctic Warriors, regardless of title or rank.
Time at Elmendorf: 3 years, 3 months
Time in the Air Force: 7 years
Best part about being in Alaska: The beautiful mountains and scenery
Quote from supervisor: “Sergeant Gates exemplifies the meaning of a ‘True Arctic Warrior.’ With her knowledge and expertise, she manages Elmendorf’s base retraining program. She provides detailed, in-depth briefings to base populace interested in retraining, ensuring members receive top-notch, up-to-date information.” Master Sgt. Ronnie Salas

Virtual training helps prepare Airmen for real world

By Capt. Kelley Jeter

3rd Wing Public Affairs

A couple of semi-trailers stuffed full of high-tech simulators are arguably one of the better training tools for Airmen on their way to convoy duty in Iraq and Afghanistan.

At least it is according to the Airmen who've been there and have recently trained on the new Virtual Combat Convoy Trainer.

The VCCT, as it's called, came on line in January at neighboring Ft. Richardson, and Elmendorf Airmen were invited to participate in the training it offers. Two teams of Airmen from the 3rd Security Forces Squadron and 3rd Logistics Readiness Squadron have already trained on the VCCT.

It's a virtual world complete with real-life maps of Baghdad, actual convoy routes, and attacks with sniper fire, rocket-propelled grenades and improvised explosive devices. The teams learn how best to recognize the threats and react to them, through firing their weapons, driving the humvee, and communicating the threats to one another.

When entering one of the darkened simulator trailers during a scenario, what immediately grabs a person's attention is all the yelling.

"You can tell this is their last day of training," said Russ Beauvais, Raydon site manager, with a smile. "When they first get here, they're real quiet. Part of what this teaches is how vital it is to communicate with their team."

Everyone needs to communicate the threats they've spotted to the rest of the members in the vehicle, and the only way to do it is to yell out loud, just like in a real convoy, he added.

The trailers have stations where each member would be in the humvee, including a turret gunner.

The driver has three screens in front of him that simulate his view out the windshield. There are even gas and brake pedals, a steering wheel and a stick shift.

Every other station gets a helmet of sorts that has the view from that position dropped down in front of the trainees' eyes. Just like in a real humvee, the view from most seats is rather limited.

In addition, as in a real convoy, team members have weapons at the ready. Trainees had .50 caliber Browning Machine Guns, M-4's, and M240B automatic machine guns. Trainees were even limited to the number of rounds they could shoot, and had to switch out the magazine if they ran out of ammunition.

As the scenario progresses, the sound of ex-

plosions are heard everywhere, and an observer looking over the driver's shoulder joins him in physically wincing and swerving away from the IED that blasted right next to the vehicle.

"Number four is down! Four is down!" The crew from humvee three alerted the rest of the convoy when an RPG made a direct hit on the fourth vehicle of the simulated convoy.

As the scenario rolls to a stop, the Airmen's reactions demonstrate how absorbed they have been during the training. Quiet curses and thumping fists illustrate their frustration at not beating the virtual insurgents on this particular route.

After every scenario, the trainees file back into the briefing area to look at a birds-eye replay of their actions on the route they just traversed, while listening to their radio communications.

"You see any mistakes there — other than dying?" asked training specialist Thomas Allman, a Raydon employee who operates the VCCT and gives the trainees feedback after every scenario.

"They've really pulled together as a team," says Mr. Allman of the 12 vehicle operations Airmen who were on their last day of the training. "They've soundly beaten some of the scenarios, but since they've improved, I've cranked it up a few notches; made it more challenging."

Mr. Allman points out where one of the vehicles pulled too far off the road to avoid debris that could have been an IED.

Sometimes an item left in the road is a diversion set there so the vehicle passing wide of it will trigger the real IED when it swerves.

"This is a thinking enemy," said Mr. Allman. "We have to train our people to constantly be out-thinking them."

After a few more pointers and suggestions, the next scenario is loaded and briefed: the dangerous "RPG Alley."

The trainees groan, and know that they'll be sorely tested with this one.

But that's the beauty of the system, they know they will learn a lot and be able to make mistakes without the life-and-death danger associated with the real missions.

That comes later.

Five of the LRS Airmen and many of the security forces who recently accomplished the training are deploying soon, and most will be working convoys in the AOR.

However, before deploying, they will attend practical convoy training: a five-week course at Camp Bullis, Texas, followed by live-fire training at Fort Sill, Okla.



PHOTO BY STAFF SGT. SUELLYN NUCKOLLS

Tech. Sgt. Michael Helmick, 3rd Logistics Readiness Squadron, scans the simulated horizon for insurgents during Virtual Convoy Combat Training at Ft. Richardson March 22. The training helps Airmen prepare for situations they may face while deployed.

"Everyone who participated [in the VCCT training] can now go to our Basic Combat Convoy Course and at least know what to expect," said Master Sgt. Douglas Otis, 3rd LRS Vehicle Operations Supervisor and veteran of several combat convoys in Iraq. "Before this, you pretty much went to BC3 blind, not knowing what to expect."

Though Sergeant Otis emphasizes that the VCCT is just a learning tool and in no way compares to the real thing, he believes it's extremely valuable training.

"The tactics, techniques, and procedures are all the same as what is currently being used to perform the mission over there now," he said.

His last deployment put him in convoys that were often fired upon and nearly always held up by land mines or IED's discovered or detonated.

His experience is a priceless contribution to training the others.

He has hopes this his younger troops learned something from the training. "I hope they learned how valuable it is to work as a team," he said.

Elmendorf Airmen receive nonjudicial punishment, discharges

Article 15s:

A master sergeant with the 3rd Communications Squadron was derelict in the performance of his duties by sending an inappropriate e-mail from another person's government computer.

His punishment was a suspended reduction to technical sergeant, suspended forfeiture of \$200 for two months and reprimand.

This Article 15 action will also be placed in his SNCO Selection Record.

An airman with the 3rd Aircraft Maintenance Squadron failed to obey a lawful order by driving while on base driving suspension.

His punishment was a reduction to airman basic, restriction to the limits of Elmendorf for 30 days and 30 days extra duty.

A staff sergeant with the 3rd Maintenance Operations Squadron

unlawfully struck his two children under the age of 16 with a computer cord.

His punishment was a suspended forfeiture of \$200 for two months and a reprimand.

Discharges:

An airman with the 11th Operations Weather Squadron was administratively discharged for minor disciplinary infractions.

The member's misconduct included one Article 15 for breaking a no contact order. The member also received two Letters of Reprimand and one Letter of Counseling.

The member's misconduct resulted in a general discharge.

A senior airman with the 3rd

Logistics Readiness Squadron was administratively discharged for commission of a serious offense.

The member's misconduct included resisting being apprehended, assaulting a woman by loading a firearm and pointing it at her, being drunk and disorderly, wrongfully possessing a concealed weapon without a license and wrongfully and willfully discharging a firearm. The member is being prosecuted by the state of Washington for these felonies.

The member's misconduct resulted in an Under Other than Honorable Conditions discharge.

An airman with the 3rd Services Squadron was administratively discharged for minor disciplinary infractions.

The member's misconduct included one Article 15 for fail-



ing to perform assigned duties and failure to pay debts. The member also received two vacation actions. A vacation action imposes suspended punishment from a previous Article 15. One vacation action was for failing to pay debts and one vacation action was for providing alcohol to a minor. The member also received six Letters of Reprimand and one Letter of Counseling.

The member's misconduct resulted in a general discharge.

An airman basic with the 3rd Services Squadron was administratively discharged for drug abuse.

The member's misconduct included one Article 15 for possession of marijuana. The member also received two Letters of Reprimand and three Letters of Counseling.

The member's misconduct resulted in a general discharge.

(Courtesy of the 3rd Wing Legal Office)

Elmendorf helps feed hungry children



Above: Tyler Blessie and Kaitlynn Henderson give away stuffed animals March 23 to children at the Kid’s Kitchen. In addition to donating the toys, they chipped in and helped prepare meals for the hungry.

Right: Bianca Phillips and Elgin Jones, founder of Kid’s Kitchen, prepare food for needy children at the Mountain View Recreation Center March 23. Six Elmendorf children ranging in age from 12-17 donated their time for the project. The Kid’s Kitchen serves meals to children from low-income families.

By Senior Airman Jared Marquis
3rd Wing Public Affairs

On March 23, Elmendorf children saw what its like to be without by serving local hungry children.

The six children, ranging in age from 12-17, visited what has come to be called the Kid’s Kitchen.

To prepare for the trip, the participants went shopping for the ingredients they would need to prepare the meal.

Once they had the ingredients, they started preparing the meal for more than 75 hungry children.

Tech. Sgt. Danita Coons, 3rd Mission Support Squadron NCOIC formal training, organized the event.

“I felt my child needed to see there were kids out there that didn’t have certain things. I wanted to give her a bigger perspective about the things some children take for granted,” said Sergeant Coons about her involvement.

The Kid’s Kitchen was started in 1996 by Anchorage resident Elgin Jones, who, with the help of local sponsors, started the kitchen in a

lower-income Mountain View neighborhood.

According to Mr. Jones, he saw the hungry children around the lower-income neighborhood and remembered his childhood in Detroit.

He remembered that people in his neighborhood always made sure the children had something to eat.

According to the Kid’s Kitchen Web site, a majority of the children come from low-income families who have breakfast and lunch programs available at school. But when they come home, some parents are unable to provide them with a nutritious dinner.

Mr. Jones has made it his mission in life to provide these children with a nutritious meal at no cost.

According to Sergeant Coons, getting involved with such a worthwhile program not only gave her child a bigger perspective, but a sense of accomplishment.

“She felt better about herself for being able to help,” she said.

The meals are served using donations of money and food from private citizens.



Bowling for women’s history

Right: Garrett Hothan, 3rd Communications Squadron, gets ready to release the ball during the Women’s History Month Bowling tournament March 24 at the Polar Bowl. The tournament was the final event for the month-long celebration of women’s contributions throughout history.

Above: Troops from the 3rd Logistics Readiness Squadron enjoy pizza and cards during the tournament.

Deploying Airmen learn combat skills training

By Senior Airman Jared Marquis
3rd Wing Public Affairs

In preparation for Air Expeditionary Force 1/2 rotations, Arctic Warriors are receiving training that may just save their life.

“Today’s Airmen are finding themselves in situations they’ve never been in before,” said Hugh “Doug” Bowman, Anser Analytic Services manager, Asymmetric Threat Division and instructor for Expeditionary Combat Skills Training. “Fortunately, leadership recognizes that if they are going to put them in these situations, let’s give them the training they need to come back home,” said the retired security forces officer.

The training is a 20-hour mix of classroom and hands-on training.

The Airmen are trained on use of force, rules of engagement, M-16 and M-9, individual movement and techniques, proper use of TA-50 load bearing equipment, combat specific self aid buddy care, Improvised Explosive Devices’,

unexploded ordinance and basic combat skills.

The instructors bring a wealth of knowledge to the Airmen through various levels of experience, said Mr. Bowman.

“We have five instructors including myself, two former Air Force [Tactical Control Party members], one former Army Special Forces officer and one former Navy Seal.”

Mr. Bowman said he hopes the Airmen finish the course more confident in their abilities.

Tech. Sgt. Michael Fernandez, 3rd Communications Squadron, said the training helped him feel more confident.

“My confidence has been bolstered since taking the class. I ultimately hope to never be in any situation which would require that I have to use this training [i.e. convoy escort, battlefield SABC, etc] but, should the need arise, I feel much more comfortable now than before the training,” he said.

He also added that this is not his first deployment. However, the sergeant does feel better equipped to handle situations that may come up

in the Area of Responsibility.

“I have skills now that I did not have before. The training received at the ECST course was undoubtedly helpful and beneficial.”

The training is currently being offered to all bases in PACAF. Mr. Bowman said that a major benefit of this is ‘consistency.’

“By making the training consistent, PACAF is ensuring that Airmen can work together more efficiently.”

He also said that the training is being benchmarked by the Air Force, and soon all Airmen will receive the same training.

Although the training covers the basics, Mr. Bowman and many of the students would like to see it go more in-depth in specific areas.

“The course offers a baseline training, it is more of a 101 type training. But to be effective, they need to continually practice the skills,” he said.

Sergeant Fernandez also wished some of the training was more in-depth.

“The only regret was not having more time

on the practicals such as the UXO sweeps, battlefield/convoy maneuvers, etc. Unquestionably, knowledge is power, but being able to apply that knowledge is, in my opinion, empowering,” said the sergeant.

In addition to providing the training to deploying Airmen, the instructors are doing “train the trainer” courses.

“Our goal is to get everyone scheduled to deploy through the course,” said Mr. Bowman. “But in case we miss some, there will be people here on Elmendorf who can make sure they get the training.”

Mr. Bowman added that Elmendorf is the first PACAF base to conduct the “train the trainer” course.

The team, which averages more than 200 days a year on the road, will spend a month here and then move on to another base. When they leave, the lesson plans will stay here.

“The most important aspect,” said Mr. Bowman. “Is getting everyone trained so they come home.”



PHOTO BY AIRMAN JONATHAN STEFFAN



PHOTO BY STAFF SGT. DAVID DONOVAN



PHOTO BY STAFF SGT. DAVID DONOVAN



PHOTO BY AIRMAN JONATHAN STEFFAN

Clockwise from top right: Senior Airman Jason Martin, 3rd Civil Engineer Squadron and Senior Airman Christopher Pyatt, 3rd Logistics Readiness Squadron cover the back end of a Humvee during convoy training at Mad Bull March 24.

Tech. Sgt. John Post, 3 CES, performs a “suspicious person” check on Expeditionary Combat Skills Training instructor Doug Bowman.

Sergeant Post halts his squad after spotting an Improvised Explosive Device as Instructor Rod Propst explains the procedures on what to do when encountering an IED.

An Airman keeps his weapon ready during the training.

Airmen 1st Class Ryan Williams, 3rd Aircraft Maintenance Squadron, guards the vehicle during convoy training.

Mr. Propst shows students how to sweep for IED’s.

Cover: Tech. Sgt. Kevin Bertetto, 3rd CES, covers the left side of the Humvee during convoy training at Mad Bull.



PHOTO BY AIRMAN JONATHAN STEFFAN



PHOTO BY STAFF SGT. DAVID DONOVAN



Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community

April is clean-up time at the base RV Storage Lots. All trash and clutter must be removed, all vehicles and trailers must have current state registration. Items not in compliance with rules or not currently paid, will be identified for removal. Patrons are reminded to check their rental payment status.



Outdoor Recreation
552-2023

Ceramic Bisque Sale Save 40 percent all month

Arts & Crafts Center
552-7012 or 552-2478



Month of the Military Child

For a complete list of activities, see the calendar in April's *Screamin' Eagle*



Coloring Contest - all month - Library

Individual and Group Collages - all month with Creative Arts and Photography Clubs - Youth Center

Essay Contests - April 1-15 - Library

Breakfast with the Easter Bunny - 9 a.m.-noon April 8 at Sustina Café - Arctic Oasis

Kids Bowl Free - 5-9 p.m. April 19 - Polar Bowl

Inside Carnival - 3-5:30 p.m. April 21 - Sitka and Denali Child Development Centers

10th Annual Fashion Show - 6:30-8:30 p.m. April 27 at Susitna Club - School Age Program and Teen Center

Celebration Parade - 3 p.m. April 28 - Katmai Child Development Center



Today

Wing Down Day Free Lift

Tickets noon-7 p.m., weather and conditions permitting, Hillberg Ski Area, 552-4838

Night Hoops 9-11:30 p.m. in the Youth Center gym, ages 13-18, Teen Center, 753-2371

RC DJ (The Rajun Cajun) 9 p.m.-3 a.m., adults only, Kashim Lounge, 753-6131

Club Member Social Hour 5-6 p.m., adults only, Kashim Lounge, 753-6131 and The Cave, 753-3131

Hula Lessons 4-5 p.m., \$32 per month, ages 4 to adult, Arctic Oasis, 552-8529

Saturday

Karaoke 9 p.m., adults only, Kashim Lounge, 753-6131

Hip Hop and Jazz Class 10-11 a.m., \$32 per month, ages 4-18, Arctic Oasis, 552-8529

Xtreme Bowling with DJ 9 p.m.-1 a.m., \$18 includes shoe rental, Polar Bowl, 552-4108

Beginner Sign Language 2:30-4:30 p.m. also April 8, 22 & 29, \$35, Arts & Crafts, 552-7012 or 552-2478

Sunday

Sunday Brunch 10:30 a.m.-1:30 p.m., \$16.95 *Members First* price, \$19.95 regular price, \$7.95 for children age 6-12, Susitna Café, 753-3131

Family Xtreme Bowling 1-8 p.m., \$30 for up to six bowlers, shoe rental, one lane for two hours, two pitchers of soda and popcorn, Polar Bowl, 552-4108

Monday

National Boys & Girls Club Week thru April 7, parents join your child for club meetings; sewing, cooking, science, woodworking and computer, School Age Program, 552-5091

E-4 and Below Special 5-9 p.m., 50 percent off bowling and shoes. If the military member is deployed, their family can still participate, just bring a copy of the orders, Polar Bowl, 552-4108

Month of the Military Child Essay Contest thru April 15, two age categories: 8-12 and 13-18, also coloring contest all month for ages 1-7, pick-up rules and prize information at the Library, 552-8448

Tuesday

Exercise Extended Hours 5:30 a.m.-7 p.m. thru April 6 at CDCs, for care needed before/after the extended hours call Family Child Care, 552-3995

Bowler Appreciation Night 5-9 p.m., \$1.75 per game and \$1.75 for shoe rental, Polar Bowl, 552-4108

"Cats" winner of will be on stage thru April 7 at the Anchorage Performing Arts Center, get discount tickets at Information, Tickets and Travel, 552-0297

Wednesday

Ceramics "Working with Air Brush Technique/Egg Plate" 5:30-7:30 p.m., \$25, Arts & Crafts, 552-7012 or 552-2478

Preschool Story Hour and Make It Take It Crafts 10:30-11:30 a.m., ages 5 and under, Library, 552-3787

Ceramics Pouring Certification 6:30-9 p.m., \$25, first piece fired free, Arts & Crafts 552-7012 or 552-2478

Thursday

Yoga Classes 10-11 a.m., \$40 per month, ages 13 and older, Arctic Oasis, 552-8529

Beginner Stained Glass & Studio Time 6:30-9 p.m. also April 13, 20 and 27, \$85 plus \$45 per month studio time, limit eight people, limited supplies provided, Arts & Crafts, 552-7012 or 552-2478

Morning Coffee Conversation 10:30 a.m., book club for spouses of deployed members, Arctic Oasis, 552-8529

April 7

Beginner Crochet 6-8 p.m. also April 14, \$35, bring yarn and needle, Arts & Crafts 552-7012 or 552-2478

Give Parent's a Break 7-11 p.m., must have a referral and reservation, Denali CDC, 552-8304

Boys and Girls Club Association Celebration Dance 6-8 p.m., ages 9-12, in honor of National BGCA week, \$5, Youth Center, 552-2266

Basic Automotive Service Class 5 p.m., by appointment, learn some of the very basics in automotive skills, Auto Hobby, 552-3473

School Age Program Lock-In 8 p.m.-8 a.m., \$30, ages 5-12, first sixty slots allotted to enrolled SAP students, rest open to public, SAP, 552-5091

Acronym Buster (part 1)

By Capt. Tony Wickman
71st Flying Training Wing Public Affairs

Across

- 1. Music items
- 4. Mil. pay entitlement for food
- 7. “What about ____?”
- 10. 21st letter of the Hebrew alphabet
- 13. Mil. person in charge of NCOIC
- 14. USAF MAJCOM
- 15. Dine
- 16. USAF Sgt.
- 17. Mil. representative at another command, organization
- 18. Place for a sailor
- 19. AFOTEC and USAFA are this type of USAF org.
- 20. Defensor Fortis; SFS mission
- 21. Org. that provides base exchanges
- 23. 19th letter of the Greek alphabet
- 25. USAF education; ALS, NCOA, SOS, etc.
- 26. Intelligence req. for CCs
- 27. ____ polloi: the masses
- 28. Plan for mil. families in case of death
- 30. Mil. draft org.
- 31. Spore-producing plant

C	D	S		B	A	S		B	O	B		S	I	N
O	I	C		A	C	C		E	A	T		N	C	O
L	N	O		S	E	A		D	R	U		A	B	D
A	A	F	E	S			T	A	U			P	M	E
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A	I	R	D	R	O	P		V	E	T				
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			I	T	S		R	E	N			A	S	H
A	L	L				A	F	I		A	F	S	O	C
T	O	E		A	M	S		L	E	E		E	W	O
S	A	R		L	O	E		L	O	T		R	E	D
O	C	S		I	E	D		A	D	C		T	D	Y

March 24 solutions

- 32. Egyptian town
- 35. Payment method
- 36. Boom boxes
- 38. Custard filled pastry
- 42. Fixed in the character or disposition, as if inherited
- 43. Type of cargo delivery
- 45. Where MWDs go for checkups
- 46. Interlace
- 47. American linguist and author Mary Rosamond ____
- 49. Civ. prosecutors
- 52. 1946 Capra movie “____ a Wonderful Life”
- 53. Stimpy’s pal
- 54. Burn residue
- 55. Everything
- 57. USAF requirements documents; ____ 36-2903, etc.
- 58. USAF MAJCOM
- 60. Foot part
- 61. USAF assignment site
- 63. Confederate general
- 65. Rated USAF Nav. who finds, identifies and counters radars
- 66. Mission performed for downed pilots
- 67. USAF supervisor report issued on deployments
- 68. One’s fortune in life; fate
- 69. Sea between Africa and Arabian Peninsula
- 70. Army equivalent to OTS
- 71. Type of bomb
- 72. USAF legal team
- 73. USAF deployment or mission

Down

- 1. OCONUS Mil. pay entitlement
- 2. Iraqi currency
- 3. Mocks
- 4. Largemouth fish
- 5. Pilot with 5+ kills
- 6. Injured
- 7. Nomadic Arabs
- 8. Paddle

1	2	3		4	5	6		7	8	9		10	11	12
13				14				15				16		
17				18				19				20		
21				22			23	24				25		
	26					27				28	29			
	30				31					32			33	34
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		52												
55	56					57				58				59
60					61	62			63	64			65	
66					67				68				69	
70					71				72				73	

- 9. Heating unit
- 10. More energetic
- 11. LGM-30G or LG-118A
- 12. Joint
- 22. Environmental req. before constructing
- 24. CC’s region of control
- 28. Aroma
- 29. Sharp projection
- 31. Mil. information classification
- 33. Mil. acronym for how forces engage enemy forces
- 34. Mil. office symbol for SECDEF
- 35. Diamond or spades
- 37. Stalemates
- 38. Chat
- 39. Demeanor

- 40. Tankers and flatbeds
- 41. Use red ink
- 44. Expressed orally
- 45. 2001 Cruise movie “____ Sky”
- 48. USAF deployment set
- 49. USAF civilian employee
- 50. Declare
- 51. Displayed
- 55. USAF guide for chem. environments
- 56. DoD Law of War Program
- 58. USAF MAJCOM
- 59. William F. “Buffalo Bill” ____; Wild West Show
- 61. The Greatest
- 62. A Stooge
- 64. USAF org. for 71 Across



Sister services learn to hustle, throw

By Capt. Eric Badger
3rd Wing Public Affairs

Both Air Force and Army men and women, ranging in stature from big to small, short to tall prove that it's not healthy to judge a book by its cover.

At the Ft. Richardson Geronimo Gym, Soldiers and Airmen learn self-defense skills under the watchful eye and detailed instruction of 15-year Brazilian Ju-Jitsu specialist Ted Stickel.

Three days a week, military members learn Brazilian Ju-Jitsu, also known as Gracie Ju-Jitsu. Ju-Jitsu and mixed martial arts combine elements of kickboxing, boxing, amateur wrestling and submission holds.

Mr. Stickel, a native of San Diego, Calif., has lived in Alaska for the past 14 years and is a Gracie Ju-Jitsu black belt, a sixth degree Kung-Fu black belt and ranked in Hwa Rang Do, a Korean style martial arts.

He has learned various mixed martial arts techniques in such places as Brazil, the United Arab Emirates and Japan.

Mr. Stickel began teaching Gracie Ju-Jitsu on the installation about 18 months ago after being invited by Kulis Air National Guard 212th

Pararescue Squadron members.

"I truly enjoy working with the troops and teaching them how to survive," said the 50-year-old Ju-Jitsu veteran. "They will put themselves in harm's way throughout their career and I want them to be as prepared as they can be."

Mr. Stickel teaches his students how to protect themselves in the event they perform tasks such as interviewing suspects, searching individuals for weapons and crowd control.

"When conducting an interview or a body search of an individual, your confidence level is directly related to how the individual relates to you," he said. "If it's done with confidence and respect, it's a much smoother process."

Through Mr. Stickel's training, students learn anger and fear control as well as breathing techniques to aid in controlling fatigue and stress.

"The most important part of self-defense is awareness," said Mr. Stickel. "The two main rules I teach the students are to always look for things out of the ordinary, and know what's going on behind you."

Some of Mr. Stickel's students train for survival as well as competition. Since October 2005, Michael Mariner has done Gracie Ju-Jitsu



PHOTOS BY AIRMAN 1ST CLASS DEJUAN HALEY

Ted Stickel, Gracie Ju-Jitsu instructor, demonstrates one of his many self-defense maneuvers on a soldier attending his Ju-Jitsu class at the Fort Richardson Geronimo Gym. Three times a week, military members learn the martial art from the 50-year old Ju-Jitsu black belt.

training to prepare himself for competition in the Alaska Fighting Championships.

The 26-year-old Gracie Ju-Jitsu white belt from Wilmington, Del. says he's competed in amateur wrestling for about 13 years, but wanted more of a challenge, and has found it in Ju-Jitsu and mixed martial arts.

"On the mat you only have yourself to rely on," said Mariner, 3rd Maintenance Operation Squadron security manager. "Nobody's there to help you and that's what I love about it. This is the purest art you'll ever find. You don't progress in it until you've competed against the higher belts and proven to your instructor that you're ready."

According to Mr. Stickel, Mariner's intensity and attention to detail are second to none.

"I admire his dedication," he said. "He devotes a lot of time to the craft, and that's what you have to do to be the best. He's good and getting better and better all the time."

According to Julia Campbell, U.S. Army Alaska, learning specific self-defense techniques has enhanced her quality of life.

"It's definitely done a lot for my confidence," she said. "I've moved up from the basic level into more specific training, and I'm excited about how much I've learned and continue to learn."

Mr. Stickel is currently developing plans to train his students on how to defend against and use improvised weapons such as sticks, rocks and even the seemingly innocent ball-point pen.

"I want my students to understand that this training is not for play, this is for survival," he said. "They are the modern-day samurais. Therefore instilling the samurai values of honor, confidence and loyalty in them is vital."

For more information, call the Gracie Barra Alaska Ju-Jitsu Academy at 562-0902 or research it online at www.bjjalaska.com.



Gracie Ju-Jitsu white belt Michael Mariner, 3rd Maintenance Operations Squadron, grapples with Gracie Ju-Jitsu brown belt Ken Pajinag, 501st Infantry Regiment. Mariner has studied Gracie Ju-Jitsu since October 2005.

Sport Shorts

Cross country ski returns

Season rentals must be turned in no later than April 15 at Equipment Rental.

Fishing licenses

Alaska 2006 fishing licenses and king stamps are available at Outdoor Recreation. The staff can also stamp a license for fishing on Elmendorf.

Camper reservations

Outdoor Recreation will begin taking reservations for camper rentals beginning April 15. Camper rentals must be done in person at 7301 Jerstad Ave.

Skeet tourney

The Alaska Armed Forces Skeet Championship takes place May 4-7 at the Ft. Richardson Trap

and Skeet Range. The cost is \$28 per gauge/100 bird event.

For more information, call Henry Martin at 552-2817 or Paul Taitt at 552-6669.

Baseball coaches

Youth Baseball is in need of 10 coaches for the upcoming season. Call Marlin Smith at 552-2266 if you are interested in coaching.